



HEALTH AND SAFETY MESSAGE

EAST ZONE COMPLEX

SEPTEMBER 19, 2006

OPERATIONAL PERIOD: 0700-1900

MAJOR HAZARDS AND RISKS:

1. Hypothermia
2. Frozen Surfaces
3. Wind
4. Environmental Factors

"THERE WAS A HELL OF A LOT THEY DIDN'T TELL
ME WHEN I SIGNED ON WITH THIS OUTFIT !"

NARRATIVE:

1. Stay warm and dry!! Allowing your body to cool down causes it to reduce the flow of blood to vital organs. This results in a reduction of bodily functions=HYPOTHERMIA! Eat plenty of food and continue to stay hydrated. These actions assist your body's ability to maintain its core temperature.
2. Freezing temperatures are forecasted for tonight. As a result you will encounter conditions that will present very unstable footing. Use extreme conditions on any surfaces that were exposed to frost especially aluminum canoes.
3. Higher winds are also forecasted later in the day. Monitor wind speeds and adjust your water travel plans accordingly. Do not get exposed to water conditions unsafe for boat or canoe travel. Also high winds will cause many weakened snags to fall so be on the lookout!!
4. There are many sharp rocks exposed, hidden holes, numerous sticks and vines that can cause you to trip or fall. Look where you are going and pay attention to the ground conditions you are walking on. Being careful and taking the time to do tasks right prevents injuries!

**REMEMBER WE ARE HERE TO SUPPORT YOU SO
WHATEVER WE CAN PROVIDE YOU WITH, WE
WILL DO WHAT WE CAN!!!!**

HAVE A SAFE DAY!